Year 8

Lesson Title		Content	When	How
1	Emotions and Happiness	• Identifying Different Emotion • How to talk about emotions accurately • Correct vocabulary • How to be 'happy' – connections with others, lifestyle and talking	RSE is taught to all Key Stage 3 groups during the Autumn 2 half term. At this point relationships between pupils and class teacher have been established and pupils should at this point feel comfortable to contribute, ask questions, answer questions and respond maturely to their peers and the topics covered. 2 hours per fortnight.	All RSE is taught in-line with the RPSE Curriculum at Holmfirth High School. We use a range of teaching techniques, including: • Group work • Independent Work • Paired Work • A range of work-sheets • Evaluation and analysis activities • Case Studies (real life) • Demonstrations • Visual Aids (contraception) • Creative activities • Age appropriate video resources • Occasional Documentaries (age and content appropriate) • Quizzes and Progress Indicators • Independent research • Where necessary online teaching via appropriate platforms will take place
2	Mental Health and Mental Well-being	• What are mental health and mental well-being • Recognising natural emotional responses VS mental health issues • Common types of mental health issue e.g. anxiety, depression and stress • How to keep good mental health/well-being e.g. outdoors, physical activity, healthy eating, staying connected		
3	Unacceptable Behaviour and Respect	• Defining respect • Examples of respectful behaviour in different types of relationship e.g. school, family, friends, partners • Expectations and Responsibilities • Sexual harassment, sexual assault and consensual intimate activity		
4	Self-Esteem and Body Image	• Defining Self-Esteem and Body Image • The media and its impact • Identifying positives • Appropriate and Inappropriate Language		
5	What is Sex?	• Sexual Intercourse • Reproduction • Sex/sexual activity in other relationships including LGBT+		
6	Intimate Relationships	• What is an intimate relationship • Sex as part of an intimate relationship • Respect • Consent and Sexual Harassment		

7	Grooming and CSE	• Defining Grooming and Child Sexual Exploitation and understanding the Link		